



## Early Journal Content on JSTOR, Free to Anyone in the World

This article is one of nearly 500,000 scholarly works digitized and made freely available to everyone in the world by JSTOR.

Known as the Early Journal Content, this set of works include research articles, news, letters, and other writings published in more than 200 of the oldest leading academic journals. The works date from the mid-seventeenth to the early twentieth centuries.

We encourage people to read and share the Early Journal Content openly and to tell others that this resource exists. People may post this content online or redistribute in any way for non-commercial purposes.

Read more about Early Journal Content at <http://about.jstor.org/participate-jstor/individuals/early-journal-content>.

JSTOR is a digital library of academic journals, books, and primary source objects. JSTOR helps people discover, use, and build upon a wide range of content through a powerful research and teaching platform, and preserves this content for future generations. JSTOR is part of ITHAKA, a not-for-profit organization that also includes Ithaka S+R and Portico. For more information about JSTOR, please contact [support@jstor.org](mailto:support@jstor.org).

## DOMESTIC SCIENCE

---

Let me suggest that every housewife who practices strict economy puts herself in the ranks of those who serve the nation. This is the time for America to correct her unpardonable fault of wastefulness and extravagance. Let every man and woman assume the duty of careful provident use and expenditure as a public duty, as a dictate of patriotism which no one can now expect ever to be excused or forgiven for ignoring. (Proclamation of April 15, 1917.)  
*President Wilson.*

The work in domestic science is given in the belief that every girl should have before her the highest ideals of home life and the great social service it has always rendered. It is hoped that she will gain a comprehension of the principles of home-making and the ability to put them into successful operation. In the present crisis in our country's history the knowledge of management and economy in the home means for the girl service to the nation.

The course in domestic science covers two years in the high school. The work in foods of the first year leads naturally to the broader problems of the home which form the basis for the second year's work. In the first year of her work the girl deals with one of the big problems of the present day, that of economy in the home. She studies the selection and purchasing of foods from the standpoint of expenditure; she visits markets and related industries; she prepares and serves suitable meals as a foundation for her work in food values; she performs practical experiments in food cookery and keeps a careful record of them. Right habits of work and the importance of sanitation are especially stressed.

The proclamation by the president, given at the beginning of this article, forms the basis for all the problems of this year.

The following shows these problems and the opportunities for vitalizing the work:

*Problem I.*—What can I learn about the preservation of food this fall which will help in the campaign for preventing waste? Lessons in canning and preserving fruits and vegetables.

### OPPORTUNITIES FOR VITALIZING WORK—

- (a) Sending products to the Red Cross.
- (b) Taking products to families in need.
- (c) "County Fair" and other food sales, the profits going to some deserving charity.
- (d) Using products of class work for school luncheons, parties, etc.

*Problem II.*—What can I learn this winter about preparing and serving meals so that I can really help “to practice strict economy?”

- (a) What must I know of the sanitation of foods if I am to do my share in keeping everyone in good health?
- (b). How can I buy foods and be sure that they are the best and yet the most economical?
- (c) What ought I to know of food values to be sure that I am supplying the nourishment that the body needs?
- (d) What must I know of the preparation and cooking of foods to be sure that I am obtaining the best from them?
- (e) What ought I to know about serving meals so that they will be simple and pleasing?
- (f) If the table is to be attractive, I ought to know about laundering linens. What can I learn of this?

OPPORTUNITIES FOR VITALIZING THE WORK—

- (a) Serve meals for special groups of teachers or pupils in the school.
- (b) Serve the parents a luncheon during the year.
- (c) Co-operation in the home.

*Problem, III.*—My mother is very busy with Red Cross work. What can I learn about the care of the baby that will make it possible for me to take charge when necessary? Lessons in bathing the baby and in the care of the baby's bottle.

OPPORTUNITIES FOR VITALIZING THE WORK—

- (a) Co-operation with day nurseries and settlements.
- (b) Co-operation wherever possible in the home.

*Problem IV.*—Nurses are being called away every day. What can I learn of the ordinary care of the sick in the home that will make me feel that I am doing my share at this time? Lessons on preparation of invalid's tray and the care of the sick-room.

OPPORTUNITIES FOR VITALIZING THE WORK—

- (a) Co-operation with a hospital or institution.
- (b) Co-operation with Red Cross work.
- (c) Co-operation in the home.

The second year's work has been taken up only by a limited number of girls during one year. This course was given before the problem method had been so thoroughly worked out and for this reason, merely the larger problems are indicated. These are varied in nature and are selected as they seem suited to the needs of the class. They include not only the application to the home of such scientific principles as heating, lighting, and ventilation, but also an appreciation of household furnishing and decoration. In the second half of this year the class studies simple problems in dietetics and meal-planning, and each one works out a budget for her own family.